

**Amendments to the Claims:**

The following listing of claims replaces all prior versions and listing of claims in the application.

**Listing of Claims:**

- 1.-5. (Cancelled)
6. (Previously Presented) An exercise unit comprising:
  - a frame;
  - a seat positioned on said frame;
  - a resistance engine attached to said frame and utilizing elastomere springs;
  - an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable; and
  - a load adjustment mechanism continually engaged with the resistance engine and configured to adjust the load provided by the resistance engine.
7. (Previously Presented) An exercise unit comprising:
  - a frame;
  - a seat positioned on said frame;
  - a resistance engine attached to said frame and utilizing elastomere springs;
  - an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable;
  - means for adjusting the load provided by the resistance engine, the means for adjusting being continually engaged with the resistance engine.
8. (Previously Presented) An exercise unit as defined in claim 7, wherein said means comprises a rotary crank.
9. (Previously Presented) An exercise unit comprising:
  - a frame;

a seat positioned on said frame;  
means, attached to said frame, for providing a constant load to a user, said means utilizing resilient bands;  
an actuator attached to said means for providing a constant load; and  
means for adjusting the load provided by the means for providing a constant load, the means for adjusting being continually engaged with the means for providing a constant load.

10. (Previously Presented) An exercise unit as defined in claim 9, wherein:  
said means for providing a constant load are located below said seat.

11. (Original) An exercise unit as defined in claim 10, wherein:  
said frame defines a bench exercise unit.

12. (Previously Presented) An exercise unit as defined in 9, wherein:  
said means for adjusting comprises a rotary crank.

13.-72. (Cancelled)

73. (Currently Amended) An exercise unit comprising:  
a frame;  
a seat positioned on said frame;  
a resistance engine attached to said frame and utilizing elastomere springs;  
an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable and a handle coupled to said cable; and  
a load adjustment mechanism continually engaged with the resistance engine and configured to adjust the load provided by the resistance engine.

74.-76. (Cancelled)

77. (Previously Presented) The exercise unit as defined in claim 73, wherein the load adjustment mechanism comprises a rotary crank.

78. (Previously Presented) The exercise unit as defined in claim 73, further comprising at least one adjustable position arm structure attached to the frame.

79. (Previously Presented) The exercise unit as defined in claim 78, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

80. (Previously Presented) The exercise unit as defined in claim 79, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

81. (Previously Presented) The exercise unit as defined in claim 79, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

82. (Previously Presented) The exercise unit as defined in claim 78, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

83. (Previously Presented) The exercise unit as defined in claim 6, wherein the load adjustment mechanism comprises a rotary crank.

84. (Previously Presented) The exercise unit as defined in claim 6, further comprising at least one adjustable position arm structure attached to the frame.

85. (Previously Presented) The exercise unit as defined in claim 84, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

86. (Previously Presented) The exercise unit as defined in claim 85, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

87. (Previously Presented) The exercise unit as defined in claim 85, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

88. (Previously Presented) The exercise unit as defined in claim 84, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

89. (Previously Presented) The exercise unit as defined in claim 7, further comprising at least one adjustable position arm structure attached to the frame.

90. (Previously Presented) The exercise unit as defined in claim 89, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

91. (Previously Presented) The exercise unit as defined in claim 90, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

92. (Previously Presented) The exercise unit as defined in claim 90, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

93. (Previously Presented) The exercise unit as defined in claim 89, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

94. (Previously Presented) The exercise unit as defined in claim 9, further comprising at least one adjustable position arm structure attached to the frame.

95. (Previously Presented) The exercise unit as defined in claim 94, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

96. (Previously Presented) The exercise unit as defined in claim 95, wherein the actuator comprises a cable.

97. (Previously Presented) The exercise unit as defined in claim 96, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

98. (Previously Presented) The exercise unit as defined in claim 96, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

99. (Previously Presented) The exercise unit as defined in claim 94, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

100. (New) The exercise unit as defined in claim 6, wherein:  
said actuator is configured to compensate for a non-constant force of the elastomere springs.

101. (New) The exercise unit as defined in claim 100, wherein:  
said actuator includes a spiral pulley configured to compensate for the non-constant force of the elastomere springs.

102. (New) The exercise unit as defined in claim 6, wherein:  
said resistance engine and at least part of said actuator are located below said seat.

103. (New) The exercise unit as defined in claim 102, wherein:  
said frame defines a bench exercise unit.

104. (New) The exercise unit as defined in claim 102, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of the elastomere springs.

105. (New) The exercise unit as defined in claim 104, wherein:  
said at least part of the actuator includes a spiral pulley.
106. (New) The exercise unit as defined in claim 6, wherein:  
said resistance engine and at least part of said actuator are located at least partially  
beneath said seat.
107. (New) The exercise unit as defined in claim 106, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of  
the elastomere springs.
108. (New) The exercise unit as defined in claim 107, wherein:  
said at least part of said actuator includes a spiral pulley.
109. (New) The exercise unit as defined in claim 7, wherein:  
said actuator is configured to compensate for a non-constant force of the elastomere  
springs.
110. (New) The exercise unit as defined in claim 109, wherein:  
said actuator includes a spiral pulley configured to compensate for the non-constant  
force of the elastomere springs.
111. (New) The exercise unit as defined in claim 7, wherein:  
said resistance engine and at least part of said actuator are located below said seat.
112. (New) The exercise unit as defined in claim 111, wherein:  
said frame defines a bench exercise unit.
113. (New) The exercise unit as defined in claim 111, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of  
the elastomere springs.

114. (New) The exercise unit as defined in claim 113, wherein:  
said at least part of said actuator includes a spiral pulley.

115. (New) The exercise unit as defined in claim 7, wherein:  
said resistance engine and at least part of said actuator are located at least partially  
beneath said seat.

116. (New) The exercise unit as defined in claim 115, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of  
the elastomere springs.

117. (New) The exercise unit as defined in claim 116, wherein:  
said at least part of the actuator includes a spiral pulley.

118. (New) The exercise unit as defined in claim 9, wherein:  
said means for providing a constant load to the user includes a structure configured to  
compensate for a non-constant force of the resilient bands.

119. (New) The exercise unit as defined in claim 118, wherein:  
said structure comprises a spiral pulley.

120. (New) The exercise unit as defined in claim 10, wherein:  
at least part of said means for providing a constant load to the user is located beneath  
said seat.

121. (New) The exercise unit as defined in claim 120, wherein:  
said at least part of said means for providing a constant load to the user is configured to  
compensate for a non-constant force of the resilient bands.

122. (New) The exercise unit as defined in claim 121, wherein:  
said at least part of said means for providing a constant load to the user includes a spiral  
pulley.

123. (New) The exercise unit as defined in claim 73, wherein:  
said actuator is configured to compensate for a non-constant force of the elastomere springs.

124. (New) The exercise unit as defined in claim 123, wherein:  
said actuator includes a spiral pulley configured to compensate for the non-constant force of the elastomere springs.

125. (New) The exercise unit as defined in claim 73, wherein:  
said resistance engine and at least part of said actuator are located below said seat.

126. (New) The exercise unit as defined in claim 125, wherein:  
said frame defines a bench exercise unit.

127. (New) The exercise unit as defined in claim 125, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of the elastomere springs.

128. (New) The exercise unit as defined in claim 127, wherein:  
said at least part of said actuator includes a spiral pulley.

129. (New) The exercise unit as defined in claim 73, wherein:  
said resistance engine and at least part of said actuator are located at least partially beneath said seat.

130. (New) The exercise unit as defined in claim 129, wherein:  
said at least part of said actuator is configured to compensate for a non-constant force of the elastomere springs.

131. (New) The exercise unit as defined in claim 130, wherein:  
said at least part of the actuator includes a spiral pulley.



132. (New) The exercise unit as defined in claim 78, wherein:  
said at least one adjustable arm is configured to pivot in a horizontal plane relative to the  
frame.

133. (New) The exercise unit as defined in claim 82, wherein:  
said two adjustable arms are interconnected by at least on gear.

134. (New) The exercise unit as defined in claim 133, wherein:  
said at least on gear is part of a chain drive mechanism.

135. (New) The exercise unit as defined in claim 84, wherein:  
said at least one adjustable arm is configured to pivot in a horizontal plane relative to the  
frame.

136. (New) The exercise unit as defined in claim 88, wherein:  
said two adjustable arms are interconnected by at least on gear.

137. (New) The exercise unit as defined in claim 136, wherein:  
said at least on gear is part of a chain drive mechanism.

138. (New) The exercise unit as defined in claim 94, wherein:  
said at least one adjustable arm is configured to pivot in a horizontal plane relative to the  
frame.

139. (New) The exercise unit as defined in claim 99, wherein:  
said two adjustable arms are interconnected by at least on gear.

140. (New) The exercise unit as defined in claim 139, wherein:  
said at least on gear is part of a chain drive mechanism.